



# Daily Routine

- Throwback the covers
- Open up the blinds and windows
- Freshen up
- Make and serve breakfast
- Clean up breakfast
- Complete a 10-minute exercise regime
- Shower, do hair and makeup, get dressed
- Gather a basket for tidying. As the rooms of the home are
- tackled, pick up items that aren't where they belong and
- place them in a basket. Redistribute them where they
- should be as you enter a new room
- · Straighten up the living and dining room, including picking
- up potential clutter, light dusting, fluffing/straightening
- pillows, and watering plants or flowers
- Make the beds
- Tidy the bedroom, including light dusting
- Hang up any clothes that may need to be put away, and
- ensure dirty ones are in the hamper
- Do a light tidy of the bathroom including removing and
- replacing used towels, refilling toilet paper and soap (if
- needed) and cleaning the sink and basin area including
- soap dishes.

# Daily Routine

- Review the menu for the current day and the next, compare it to what's currently available in the home. Make note of anything that needs to be prepared ahead of time or marketing (shopping) that needs to be done.
- Begin long-advance preparations for dinner (such as making dessert)
- Wipe down kitchen work surfaces and inside the fridge
- Dispose of garbage
- Rinse dishcloths and hang to dry
- Sweep or mop the kitchen floor
- Handle errands that might take you out of the home (such as marketing, volunteering, going to the post office, getting an item fixed, etc), bookkeeping, correspondence, or indulge in a hobby.
- If returning from the grocery store, wash vegetables, wrap them and put them away. Place rest of groceries or purchases in their proper place.
- Have a quick lunch.
- Start advanced dinner preparations: make salad, crisp vegetables, bake rolls.
- Handle weekly chore for the day (more on that below)
- Set the table for dinner



# Daily Routine

- .Arrange the living room for evening enjoyment (such as "the Mister's" newspaper, book, and cigarettes)
- Do a quick sweep of the floors and ensure entrance ways are clear
- Prepare a special dish for dinner
- Freshen up before the husband returns from work.
   Consider changing into something more festive if the day dress is plain.
- Set out a tray with equipment for making cocktails, should "the Mister" want to serve drinks before dinner
- Greet husband "gayly"
- Serve dinner
- Clear table and wash dishes
- Pour boiling water down the sink to ensure pipes are flushed
- If necessary, pack the husband's lunch for the next day.
   Set aside a lunch tray in the refrigerator for yourself if having leftovers.
- Set table for breakfast
- Ensure breakfast foods are available and do any makeahead preparations for it
- Enjoy an evening of relaxation



# Weekly Chores

#### Bedroom

- Remove everything from closets. Sweep and wash closet floor. Put everything back neatly. Donate items you no longer need. Try not to store things on closet floor.
- For each drawer: remove items, wash drawer, place items back neatly. Donate Items you no longer need.
- Move Bed. Sort and put away anything that was under bed. Sweep or vacuum under bed. Try not to store things under bed.
- Put bed back. Freshen mattress by sprinkling with baking soda, letting sit briefly, and the vacuuming it up.
- Launder bedding and curtains. Wash pillows and duvet in hot water.
   Air out mattress pad, if you have one.
- Dust lights. Clean lamp shades.
- Wash windows and window sills. Take out and wash window screens.
- Wash switch plates. Wash walls and trim as needed.
- Wash mirrors or dust art.
- Wash doors and doorknobs.
- Wash floor registers and other vent covers.
- Sweep and wash floor or vacuum.





# 1950's Housewife Weekly Chores

Bathroom

- Empty all cabinets and vanity. Wash inside, replace items neatly.
   Discard expired medications and cosmetics.
- Wash outside of cabinets and vanities
- Clean tub. Wax if necessary. Clean drain.
- Clean toilet, inside and out. Remove seat and clean around seat bolts.
- Clean sink and drain.
- Shine faucets.
- Clean mirror and frame.
- Dust light fixtures.
- Wash windows and window sills. Take out and wash window screens.
- Wash switch plates. wash walls and trim. Wash doors and door knobs.
- Wash floor registers and other vent covers.
- Sweep and wash floors.





## 1950's Housewife Weekly Chores Kitchen

- Remove and clean window coverings.
- For each cabinet or drawer: Remove items, wipe out drawer, place items back neatly. Donate unneeded items.
- Wash and sanitize cutting boards
- Wash cabinet doors and knobs
- Clean and organize pantry. Check food expiry dates.
- Clean oven.
- Clean stove top. Remove elements and drip bowls, if applicable, wash and put back.
- Clean and organize fridge and freezer. Check food expiry dates.
- Clean under fridge and stove.
- Vacuum refrigerator coils.
- Clean microwave.
- Clean crumbs out of toaster.
- Wipe down any other counter appliances
- wash counters and back splash.
- Wash and shine sink. Shine faucet. Clean drain.
- Clean Dishwasher.
- Dust light fixtures.
- Wash windows and window sills. Remove window screens and wash.
- Clean floors.

# Weekly Chores Living Room

- Vacuum sofas.
- Spot clean sofas, if applicable.
- Launder throw pillows and blankets.
- Dust shelves, furniture and decor.
- Clean lamps and lampshades.
- Wash windows and window sills.
- Clean television screen.
- Carefully dust electronics.
- Tidy electronics wires. Tuck nicely out of sight. Label them, if practical.
- Sort through music and DVD collections. Purge things that no longer suit your families interests. Organize what is left in an attractive manner.
- Sort books and magazines. Donate or recycle items that no longer suit your families interests.
- Wash hard plastic children's toys with warm soapy water. Rinse and dry. Launder stuffed toys. Donate or store toys that your children have grown too old for.
- Wash switch plates.
- Wash walls and trim as needed.
- Wash doors and knobs.
- Wash floor registers and other vent covers.
- Clean floors.

## WEEKLY meal planner

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MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY	SNAC	CN C
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MONDAY	Т	UESDAY	WEDNESDAY
7	7	7	
8	8	8	
9	9	9	
10	10	10	
11	11	11	
12	12	12	
1	1	1	
2	2	2	
3	3	3	
4	4	4	
5	5	5	
6	6	6	
7	7	7	



	THURSDAY		FRIDAY	SATURDAY
7		7		
8		8		
9		9		
10		10		
11		11		
12		12		
1		1		CHNDAY
2		2		SUNDAY
3		3		
4		4		
5		5		
6		6		
7		7		

## DAILY Checklist

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Chores	М	Т	W	Ţ	F	S	S
Prepare & Serve Breakfast							
Tidy Kitchen and breakfast dishes							
Exercise							
Shower, Make-up & Hair							
20 minute Tidy							
Vacuum and Dust Living room							
Make Beds							
Tidy Bedrooms							
Sort / Fold Laundry							
Clean Bathrooms							
Meal Plan/ Review Menu							
Begin Advanced Dinner Prep							
Weekly Chore							
Tidy Entryway							
Set Dinner Table							
Prepare and Serve Dinner							
Clear Table & Wash Dishes							
Prepare Lunches							
Breakfast Prep							
Kitchen Floors and Surfaces							
Scrub Kitchen sink							
Enjoy a relaxing eveing							

## DAILYChecklist

Chores	N.4.	т_	\\/_	т.	F	<b>c</b> _	7
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